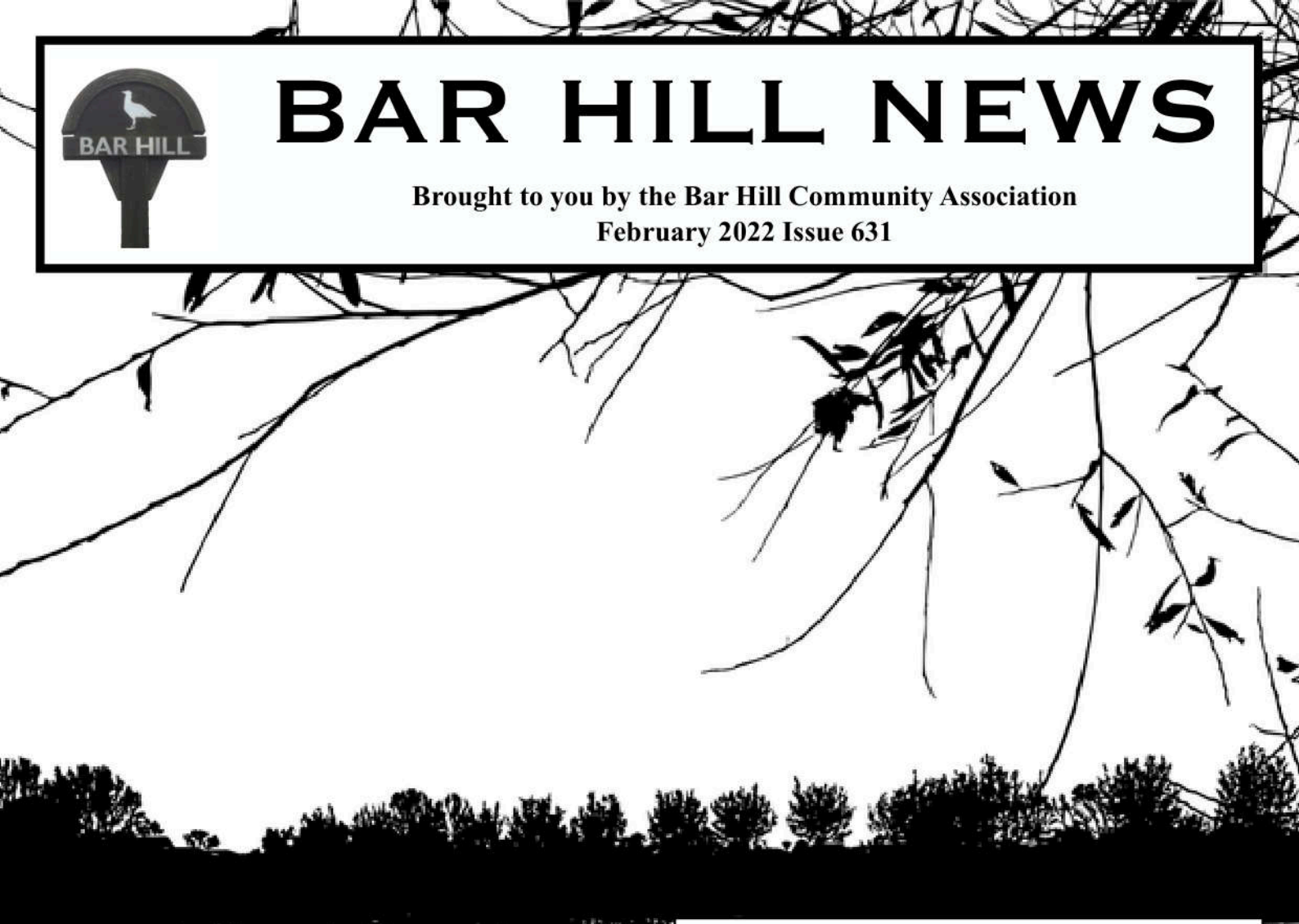
BAR HILL NEWS

Brought to you by the Bar Hill Community Association
February 2022 Issue 631



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Did you know that you should test your smoke alarms at least once a month? Or that you should have smoke alarms on every floor of your home? Or that Cambridgeshire Fire and Rescue Service do free home visits to make sure your home is fire safe?

Visit this website for helpful tips and advice:

https://firekills.campaign.gov.uk/

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EDITORIAL

February 2022

Happy new year!

You'll notice a small change this month - this magazine is now provided by the Bar Hill Community Association (a registered charity) on behalf of the Bar Hill Residents Association.

Apart from a few new logos here and there you shouldn't notice any real change. If you'd like more details of the Charity or you'd like to help please contact me at **andyp@barhillca.org**.

And finally I'd like to say a big Thank You to our current feature editor Lottie who is starting her maternity leave.

Bar Hill Ladies Book Club
Meeting Monthly

Next meeting : Monday 14th February – The Lamplighters by Emma Stonex.

Bar Hill Sports & Social Club – 7.30pm

We are a friendly group of ladies who love to read & share our opinions & thoughts.

Please join us , you will be so welcome.

Please email **sheilafarrar@hotmail.co.uk** or call/text **07920558319**.

Community Association 2021-22	
Chair/ Secretary	Andy Pellew
Vice Chair	Laura Chapman
BHN Editor	Andy Pellew
Features Editor	Lottie Beare
Trustees	
Bunty Waters	Jo Hall
Roger Hall	Amber Neale
Charles Mather	Kate Da Costa
Barry Dean	Anthony Mitchell

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

Article Information

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhillca.org**

Would you like to join us? We meet once a month (optionally) and are always open to ideas for enhancing life in our village and working with partners to develop our community.

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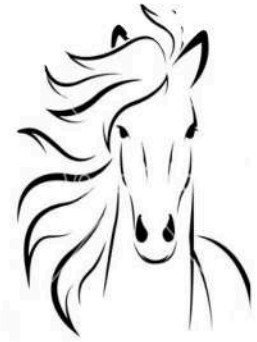

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NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhillca.org**. Thank you!

Dear Editor,

I would just like to say something in favour of our Maple Surgery.

I cannot thank the staff enough for there care and attention during the last 3 weeks. In particular Alexa, Pauline, Ben, and Dr Osindarow.

Okay there have been faults in the past, however come on Bar Hill Residents you should be grateful to have a surgery within walking distance. I know I am.

Yours sincerely

Val Barrett, Stonefield

Dear Residents,

I would like to thank those who arranged for the surfacing of the path from the Village Hall to the old farmhouse. I use the route when accessing the post office etc & have a great aversion to mud. The only quibble is that it may have been better if the path had been raised another couple of inches to mitigate the chance of flooding & encroachment of mud from the edges.

Best wishes,

Keith Morris

Dear Residents,

The Annual Report from the Over Day Centre is available online. I know a number of residents here in Bar Hill make use of the Centre so I'd encourage you to take a read.

https://bit.ly/3GJSp1t

See the notice on Page 16 for more information about what they do!

BHN Editor

WANTED! Features Editor

We do hope you enjoyed reading the Bar Hill News over the last year or so - we were thrilled to have Lottie on board to carry out interviews with all the members of our team as well as the owners of local, village based businesses. We think you'll agree, these made for great reading! But alas, Lottie is taking a break this year to expand and raise a young family so we are hoping there's someone else in the village who's up to the challenge of taking on the role of village journalist and features editor. You'll be working alongside Andy, our Editor and researching items for each edition of the Bar Hill News. We're not expecting you to spend hours trawling the village for stories but simply listen out for residents opinions, concerns or commendations and pop snippets together for our magazine.

Please get in touch with us if you feel you can help - perhaps there's more than one of you out there who could work together or on a rota system?

Laura Chapman

The deadline for submissions is 6pm on the 15th of the month. Please send submissions to **bhn-editor@barhillca.org** - the earlier the better!

healthwatch Cambridgeshire

Wanted: your views on health and care

What do you think about the health and care services you use - like GPs, dentists, hospitals, pharmacies or social care at home?

Good or bad, your views are wanted by health and social care champion Healthwatch Cambridgeshire.

It listens to local people and shares their experiences to help improve NHS and care services.

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- Visits to the GP - are video consultations working well or are you struggling to see your local doctor?
- Hospital waiting lists
- Home care services
- Care homes
- Using the NHS 111 First service

Give your feedback at **https://bit.ly/3kWq6o2** Not online? Call **0330 355 1285** or text: **0752 0635 176** to share your experiences.

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Catholic Church Serving Bar Hill

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton), **01223 622690**), Local: **Bunty Waters** (**01954 201421**)

Mass is now held in the Octagon at 6.00pm on Saturdays.

Everyone is very welcome.

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CALL: 07836 697801 - Mr Paresh Sodha

Your Community Hub

February Service Timetable - Every Monday 10 to 12 in the Octagon

7-FEB	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	Health & Wellbeing
14-FEB	Coffee Stop	Foodbank		Listening Ear (Mental Health Support)	
21-FEB	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	Health & Wellbeing
28-FEB	Coffee Stop	Foodbank	Citizens Advice	Listening Ear (Mental Health Support)	PC Surgery

Coffee Stop: Pop in for a coffee, a piece of cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are feeling the impact of the £20 per week reduction in Universal Credit, the dramatically increasing energy costs, just drop by and let us help you

Citizens Advice: Whatever your enquiry, meet with our experienced Citizens Advice advisor or book an appointment by ringing **0800 088 6522** or **BarHillAdvice@gmail.com**

Listening Ear: We are happy to listen and have 2 fully qualified Mental Health First Aiders

Parish Council Surgery: Speak in person with a Parish Councillors on the 4th Monday of every month

Health & Wellbeing: On the 1st & 3rd Mondays of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

Contact: **0800 088 6522** or email: **barhilladvice@gmail.com**

NEW: Carers Café: On the **2nd Monday** of the month, by Maple Surgery, who will be providing support for any carers in the village, even if you are not a patient of Maple Surgery (starting in March).

Parish Council Surgery: Speak in person with a Parish Councillor on the 4th Monday of every month (except December)

NOTE: There will be no Citizens Advice on Monday 14th February 2022

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Olive Tree Bereavement Group - February 2022

Our next meeting will be held on Saturday 12th February at 1030 in the Octagon. This will be subject to COVID requirements at the time.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

We are conscious that the dark evenings are here for another month or two. This can cause an extra feeling of loneliness and isolation for people who have bereaved as well as those living alone. If this is you perhaps you will come along and meet with people experiencing this to.

This is a very welcoming and open group where you can talk quite freely and your confidence will be respected. There will be time to share your experiences, listen and have a discussion as well as getting to know others in the group, with time for refreshments too.

If you are wondering whether the group is right for you, please phone one of us to talk about it.

The leaders, who are CRUSE trained, and members of the group will offer a warm welcome and you will be in the presence of people who have been through loss and understand the particular pain and difficulties that this brings.

For more details phone Sue Kenchington **780260**, Chris Stannard **781978** or Maggie Cox **488657**.

Hedgehog Fact

A group of hedgehogs is called an array.

It is extremely rare that you will see multiple hedgehogs together in one place other than when mating, but if you do it is called an array.

Bar Hill Allotment Society

Bar Hill Allotment Society's (BHAS) main aim is to ensure all members get enjoyment and satisfaction from their allotment plot. The BHAS aims to promote gardening to residents of Bar Hill, wherever possible encouraging biodiversity and gardening methods which don't harm the environment. There are 92 plots on the BHAS site positioned on the village ring road which are used for the cultivation of crops - vegetables, fruit and flowers. Some plots have small sheds, polytunnels and fruit cages.

Having an allotment is so much more than just tending your plot, although digging, weeding, sowing, planting, staking, protecting against pigeons/wildlife, nurturing, feeding and pruning (and loads more) are important jobs to be done before reaping the rewards - eating the best tasting fruit and veg ever (hopefully)!!

Ask any allotmenteer why they have a plot and you'll get many different answers - ranging from the main one - home grown fruit 'n' veg tastes so much better, to others such as: it's so peaceful, great exercise, get away from it all, it's relaxing, get out of the house, like to chat, - even - it's my little piece of heaven. All added value to producing tasty fruit and veggies!

Whatever the reason for being an allotmenteer, most of us lucky enough to have a plot just love going to the site and tending our allotment for many of the above reasons. It is hard work but thoroughly enjoyable and rewarding.

If you have any general enquiries, please email **barhillallotment@gmail.com**.

If you are interested in becoming an allotmenteer please contact Jeni Gait-Smith **jenifer.ngs@gmail.com 07979 351119**.

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Bar Hill Church news

Services

Our services take place in-person, in the main church building, with a live relay into Zoom on Sunday mornings. If you attend in person please note the legal requirement to wear a face covering. We also recommend warm clothing because the church may be cooler than expected; we have been providing more ventilation than usual during the winter months to reduce the risk of Covid-19 transmission.

To attend via Zoom, please use the details below.
Meeting ID: 882 9761 3899
Password: 284740

Sun 6 February, 10:00 am	Holy Communion (Anglican)
Wed 9 February, 10:00 am	Midweek Holy Communion
Sun 13 February, 10:00 am	All-together Worship
Sun 20 February, 10:00 am	Holy Communion (Reformed)
Sun 27 February, 10:00 am	Morning Worship
Wed 2 March, 7:30 pm	Ash Wednesday evening service

Church Contacts

Church Office	Ian Farr	01954 206120
		church.office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119
		Charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
	Website	https://barhillchurch.org.uk
	Facebook	https://facebook.com/barhillchurch

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Happy New Year from The Friends of the Rosie Hosptial and Rosie in Stitches. We hope that all our customers have managed to continue avoiding the coronavirus and that their families are all in good health and looking forward to yet another different normal in 2022.

Rosie in Stitches has continued to promote our hand crafted items for sale on the various online platforms. You can find us on Facebook, Amazon, eBay and our own website. We have had one event in person which was very well attended. We hope to attend more craft markets during 2022.

With your help we added £1,358.79 to the fundraising pot for The Rosie Hospital. We have received £766.24 from PayPal and Amazon Smile shoppers rounding up for charity at the checkout.

If you have been tidying another cupboard, we welcome donations of craft materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

The Rosie Hospital are still not able to accept donations of knitwear at this time. As soon as we hear that they are in need of items, this information will be shared on our facebook page.

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers are of retirement age or older. We will provide you with regular updates when we know more. We would be able to open sooner if our volunteers were younger. We also need more volunteers. If you know of anyone who might be interested. Please contact Ann Laskey (annlaskey@icloud.com) for more details of what would be involved.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website www.rosieinstitches.org.uk.

All the very best for 2022. Thank you for your continued support.

SING IT OUT

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Bar Hill Colts

The U9 Bar Hill Sharks are an all ability side with a very healthy squad size of 16 boys and girls.

We train on Tuesday evenings 6-7pm and play our matches on Saturday mornings on the village green.

Do come along and support us on the 7 aside pitch if you get the chance!

We would like to thank our generous sponsors for the following kit we have been provided this season:

Home Kit: Kameo Recruitment Ltd

Rain Jackets: Bounce Bar Hill

Tracksuits: Bar Hill Spice & Cam Spice

Thanks, Pete Tod (Manager). **07960064472**

Crafts Shed

Crafts Shed in Bar Hill was originally launched in October 2019. We are members of The UK Men's Sheds Association.

People who attend sheds are usually called "Shedders". It is a place for men / women to chat, practise skills and enjoy making and mending. Currently we mainly work with wood, and also repair and restore items for individuals. We have made and sold bird tables, bird boxes, bug boxes, hedgehog boxes, planters, raising funds for the group and our community.

Covid hit us badly being closed for much of a year. We were then allowed to meet in groups of up to six people. For the last few months we have been open Tuesday, Wednesday and Thursday mornings from 0930 a.m.to 1.00p.m.

Since starting up we have become a Registered Charity. This in time will enable us to access some grants, but above all else we are trying to support the community. Recently in the younger children's play park we have refurbished the wooden benches. We are also awaiting the go ahead for other projects within the village

Thank you for all those who have contributed wood for our use. Currently we have sufficient stock. Those who have offered, we will collect in the next few weeks.

Would you like to come and join us? The age restriction is 18 and upwards. Please call in and see us in the Scout Hut on the times listed above.

If you like further information, please contact Chris Stannard on **01954 781978 / 07711 623425** or Chris Graham **07913 013920**.

CAMBRIDGESHIRE COUNTY COUNCILLOR'S REPORT

Happy New Year!

I hope you all had a good break over Christmas and had the opportunity to see your family. The County Council has a dedicated website related to the current coronavirus outbreak; **https://bit.ly/3FxCe6c** if you need any more information or help please don't hesitate to contact me and I'll try and put you in touch with the right people.

Cold Weather Alerts

Health experts are urging people to look out for others, to keep warm indoors and to take care when out and about as the weather turns colder.

To help keep your home efficiently heated;

- Heating your home to at least 18°C in winter poses minimal risk to your health when you are wearing suitable clothing.
- Get your heating system and cooking appliances checked and keep your home well ventilated
- Use your electric blanket as instructed and get it tested every 3 years
- Never use a hot water bottle with an electric blanket
- Do not use a gas cooker or oven to heat your home; it is inefficient and there is a risk of carbon monoxide poisoning and this can kill

In addition you can help keep in the warmth by;

- Fitting draught proofing to seal any gaps around windows and doors
- Making sure you have loft insulation. And if you have cavity walls, make sure they are insulated too
- Insulate your hot water cylinder and pipe
- Draw your curtains at dusk to help keep heat generated inside your rooms
- Make sure your radiators are not obstructed by furniture or curtains

Protecting our Heritage

We are looking for people's views on which local buildings, structures, archaeological sites and landscapes they value, and feel are important to the character of the local areas, as part of a new Local Heritage Listing project.

The Council is working with District Councils across the County to produce local lists of important assets that - while not nationally recognised - are important to the local community.

If you'd like to be involved there is a website where you can register your interest; **https://bit.ly/3tv3XC6**.

That's it for this month, I look forward, as the country opens up, to seeing more of you out and about in the village. In the meantime if you'd like to get in touch my details are below.

Cllr Edna Murphy - Bar Hill Division, Cambridgeshire County Council
Edna.Murphy@cambridgeshire.gov.uk, **01223 577005**

Bar Hill library

Our local library in the village has now re-opened. The opening hours are;

Monday: 10am – 5pm
Tuesday: 2pm – 5pm
Wednesday: 10am – 5pm
Thursday: Closed
Friday: 2pm – 5pm
Saturday: 9.30am – 12.30pm
Sunday: Closed

We look forward to seeing you there!

Bar Hill Scouts

Bar Hill scouts finished a busy term with a skating session at the Cambridge ice rink a first visit for some of them to this impressive facility, all the scouts went home with tired legs a few bruises and a happy smile.

During our first full term of face to face meetings the scouts have taken part in axe throwing with Comberton scouts , a night hike to learn how to navigate with map and compass, first aid basic training, a craft session of pyrography, an interesting and slightly messy night tie dying tee shirts was fun. A Saturday session to brush up on axe and saw work and fire lighting with flint and steel.

As usual team building games were played with boisterous enthusiasm as was an evening devoted to gang show skits and stunts.

It was really great to have everybody back plus some new faces up from the Cubs.Planning for next term is under way but this will have to take the current covid regulations into account.

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40 Years of Neighbourhood Watch

This year, we are thrilled to be celebrating 40 years since the first Neighbourhood Watch group was formed in the UK in Cheshire in 1982. To kick-start our celebrations, we have proudly launched a special-edition 40th anniversary logo, which you can choose to use from now and throughout 2022 as you wish. We will be sharing more ways to celebrate our special anniversary throughout the year – for now, save the date for NEIGHBOURHOOD WATCH WEEK 2022 from 30th May - 5th June. You may notice this falls on the same weekend as the Queens Platinum Jubilee Bank Holiday weekend and The Big Lunch – which presents a fantastic opportunity to host a street party and connect with your neighbours.

To find top tips on how to organise a street party, or see how you can play your part in tackling terrorism, read our newsletter; **https://bit.ly/3rhEv0i**

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Anthony Browne MP

Keeping in touch with South Cambridgeshire

News and Updates from our Local South Cambridgeshire MP can be either found on his website;

https://www.anthonybrowne.org

You can also sign up to an email newsletter which ensures that News and Updates are delivered straight to your inbox.

Alternatively you can follow Anthony on Facebook; **https://www.facebook.com/anthonybrowneMP/**, or. Via Twitter; **https://twitter.com/ab4scambs**

You can write to Anthony at his constituency office;

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or visit www.bodyinmotionpt.co.uk

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Memorial Garden Update– February 2022

On behalf of the group of volunteers who manage the Memorial Garden, I would like to thank all the individuals who help maintain the gardens. During COVID this has not been easy.

We are extremely grateful for all those who have donated money for the New Memorial Garden Seat. The new seat will hopefully be in position by the Spring depending on suppliers. There is still time to offer a donation, should you wish to do so details are as follows:- Cheques made payable to the "Bar Hill Memorial Garden Account" or cash can be posted at 7 Acorn Avenue, or alternatively a donation can be paid directly into the Cambridge Building Society Account No.1768402740.

Do you have an interest in gardening and have just a very few hours to spare? We are looking for individuals who can help us with this project. Most of us have been associated with this project since it's inception and we are getting older and would like some fresh young helpers. For further information contact Chris Stannard 01954 781978.

If a Memorial Plaque is required please contact Chris Stannard, Email:- **c.e.stannard1@gmail.com**

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Referees Wanted!

Bar Hill Colts are looking for a bank of referees for our colts teams on Saturdays & Sundays.

If you are aged 14 or over and are interested in becoming a referee for our colts teams from under 6 - under 16 on Saturdays & Sundays then please do get in touch. Training will be provided and supported by the club.

To register your interest or for further information please contact Kate Starling by email:

kate.starling@hotmail.co.uk

Registered Charity No. 1192237
Member of U.K.Mens'Sheds Association

In spite of COVID we continue to meet in the Scout Hut on Tuesday, Wednesday and Thursday mornings from 0930 to 1300 approx.

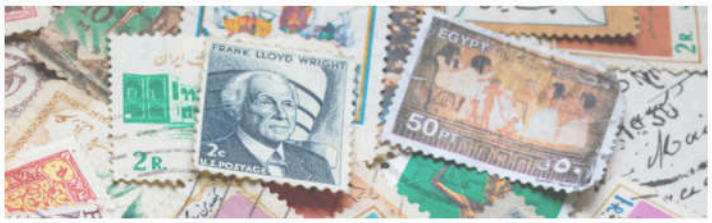
Crafts Shed continues to become an increasing supportive Charity undertaking restoration projects within the Community. Work has taken place on the Park Benches in the Childrens' Playground, Seats on the Tennis Courts, a Bench for the Allotment Society. Restoration work has also been undertaken repairing items for individuals, plus restoring furniture.

We also continue to have a supply of planters, bird boxes, bug boxes, hedgehog houses, welly boot holders. Come and see for yourself. We can do specific items for individuals.

Would you like to come and join us? The age restriction is 18 upwards. Please call in and see us in the Scout Hut on the times listed above. Up to 180 hours per month are given freely by the "Shedders"

If you would like further information please contact Chris Stannard **01954 781978/07711 623425**. Email **c.e.stannard1@gmail.com** or Chris Graham **07913 013920**

February 2022



The power of the humble stamp

As Christmas post begins to arrive, please take a moment to save the used stamps as they can be put to very good use. Every year, thousands of pounds are raised for Leprosy Mission, helping to fight the effects and stigma of Leprosy, a devastating, yet needless, disease.

Stamps can be placed in a box in the library or in the church letter box.

The following are also welcome, so if you need me to collect anything, just leave a note in the box and I'll be in touch:

- Whole album collections
- Postcards (posted or new)
- Old or Foreign coins and notes
- Medals
- Cigarette or tea cards

All these can help -

- Early detection and simple drug cure
- Rehabilitation of 4 million leprosy-affected people worldwide
- Prevent needless disabilities and blindness
- Allow people the dignity to provide for their family rather than be dependent on them
- Tackle stigma which isolates sufferers

Thank you for your support.

Pam Vendy

Bar Hill Panthers U8's

The Bar Hill Panthers formed in September 2020. The team consists of 13 players and 3 coaches, Graham Howard, Scott Caddell and Kate DaCosta.

We had a tough start to our football journey, forming too late to join the start of the 2020/21 league and then not having the opportunity to join mid-season due to Covid. We started with a number of friendlies leading up to the start of the 2021/22 season and our inexperience showed in the results, however they always came away with a smile. In a very short period of time they learnt a lot and those wide results very quickly turned in to close games, including a couple of wins!

Starting to play against other teams gave us things to work on in training and it has been incredibly satisfying standing on the touchline on numerous occasions seeing the players implement the tactics we worked on. They've come so far in a short period of time and all 3 of us are incredibly proud of them.

A special thanks to Marshalls Aerospace and our Team Sponsor Nick Edwards (N.Edwards Plumbing Cambridge Ltd) for their generous donations which funded the purchase of an away kit and training jackets.

Looking forward to a strong second half to the Season!

Graham

We have the following positions available on the Bar Hill Colts committee: Chairperson, Vice Chairperson, Treasurer and Secretary. If you are interested in any of these positions please contact Janet Shanahan (Welfare Officer) **07775505505**; Joe Egan (Chairman) **07742887586**; Kate Starling (Secretary) **07949784940**

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WILLINGHAM & LONGSTANTON SURGERIES

NHS

Happy New Year!
Willingham and Longstanton Surgeries would like to wish all our patients a very Happy New Year!

Staff Changes
Lynda Few retired at the end of December after 30 years working in the Longstanton Dispensary. We would like to thank Lynda for all her hard work and years of dedicated service looking after the needs of patients in Longstanton and beyond.

Rhea Brown will be our new Dispensary Manager at Longstanton. Rhea has worked with Lynda in the Dispensary for a number of years and we wish her all the best in her new role.

Dr Gilbert left for her maternity leave in December, her clinics will be taken over by Dr Bhandari until she returns.

Hospital Waiting Times
The Covid19 pandemic has added to the strain on all NHS services. As a result of this, waiting list times for outpatient and specialist appointments and procedures have increased for everybody.

We appreciate that this can cause worry and uncertainty about when you will eventually receive an appointment. The practice has no direct access to the hospital appointment lists.

If you have been referred by your GP/are waiting for; an outpatient appointment, hospital tests (eg scans), a date for an operation or other treatment, or a follow-up from your hospital team and you have a query about what is happening, please contact the Patient Helpdesk on **0800 048 5800**. The helpdesk is open Monday to Friday from 9am to 5pm.

Only call the practice if your condition has genuinely deteriorated, when you will be reviewed by one of the clinical team and action can be taken in regard to your care.

Vaccination Centres
If you are due to have your 1st, 2nd or booster vaccination, visit www.thevaccinators.co.uk for details of all centres in the local area where you are able to receive a walk-in vaccination.

Please be aware that Willingham Medical Practice is not offering COVID-19 boosters and is unable to book appointments for you. If you are eligible please visit www.nhs.uk/Covid-Vaccination or call the National Booking Service (NBS) on 119 to book an appointment in advance.

Vaccinations Received Abroad
Patients need to book in and take ID and their vaccination evidence to an appointment. You can use this service if you: are aged 18 years old or over, have an NHS number, Have received one of these MHRA approved vaccines outside of England – Oxford/AstraZeneca (Vaxzevria), Pfizer/BioNTech (Comirnaty), Johnson & Johnson (Janssen), or Moderna (Spikevax).

Details: **https://www.gov.uk/guidance/nhs-covid-pass#residents-in-england-who-have-received-covid-19-vaccinations-overseas**

Willingham **01954 260230,** Longstanton **207600,** Dispensary **207602**.

District Nurse Team: **01223 726469 Option 2**

Health Visitors: **0300 029 50 50**

Out of hours cover: Ring **111**

willinghammedicalpractice.nhs.uk

Bar Hill Fete N Festival – Update

We're really excited to now be planning the Fete N Festival for Bar Hill, it will be held on Saturday 2nd July 2022 so put the date in your diaries. There will be games and stalls as well as rides for the children during the daytime and music throughout the day and into the evening on the 'Mark Levitt' stage. Mark was a resident in Bar Hill and was a keen supporter and volunteer of many projects, including the fete. Without him there would have been no music event at the fete for many years and we are proud to be naming the stage in his honour after his passing last year.

In order to make the Fete N Festival viable we have many costs to cover and there is lots to do before and on the day. If you can lend any time or donate any money for the event we'd be really keen to hear from you. You can advertise in our programme, or become a main event sponsor. In terms of time if you have a little (or a lot) of time to help either before the event or on the day we'd also love to hear from you. Please email us via **feteandfestival@barhillca.org**. There will be more details coming soon on how to book stalls.

Thanks for your support

Kate Da Costa

Fete N Festival Committee

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Bar Hill Village Hall

The Hall was first built in 1978 for use by the residents of the village as a social centre; a place to meet and to hold educational and recreational classes for the community. This founding principle is the corner-stone of the Village Hall's life today, with hundreds of members of the local community using the buildings every week, including a number of regular hirers based both within the village and the surrounding area.

Facilities and Governance

The site has undergone various small extensions and a complete rebuild over the years to continually improve the facilities such as the provision of WIFI.

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it is useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

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There is also a small Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is a UK-registered charity (number 1002579) and run by a committee of 6 trustees who are committed to the on-going development of the Village Hall's role as a key community facility.

To make a booking, please initially visit our web site barhillvillagehall.com to check availability and then email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - clerk@barhillpc.org.uk, Chairperson: bunty.waters@barhillpc.org.uk

A Happy and Healthy New Year 2022 to everyone in Bar Hill from the Parish Council!

The Parish Council was sorry to receive Roger Hall's resignation last month after 30 years as a Parish Councillor. All members of the Parish Council and staff would like to say a huge thank you to Roger for his valued contribution to the community in his role as a Parish Councillor, but also as a member of many other village organisations over the years.

The Parish Council currently has 5 vacancies out of 13 seats. We would really like to hear from you if you want to meaningfully contribute to the decisions the Council take on behalf of the village throughout the year.

Councillors are elected on a four-year term. The next election is in May 2022 so being co-opted now would be a useful way to see if you enjoy being a councillor before the next election. If you have some time to spare and would like to apply, please contact the office for an information pack.

Useful Links

Dogs (Fouling of Land) Act 1996 (South Cambs DC); http://bit.ly/bh-dogfouling

Environmental Crime (South Cambs DC); http://bit.ly/bh-envirocrime

Damaged Street Nameplate (South Cambs DC); http://bit.ly/bh-streetnameplate

Reporting issues with roads, paths, street lights, etc. (Cambridgeshire CC); http://bit.ly/bh-highwaysfault

Report a non-urgent Crime (Police); http://bit.ly/bh-reportcrime

Winter tree maintenance program

This month you will see our contractors working on the many trees and green areas around the village. The Parish Council have several hundred trees to maintain. According to our recent tree survey there are 119 individual trees, 43 groups of trees, 28 areas of trees and one area of woodland within the parish boundary.

This maintenance work is carried out at times to avoid disturbing nesting birds and wildlife in the spring and summer. Unfortunately, every year some of these trees have to be cut back hard or felled to maintain the health of the trees, and for safety and insurance reasons.

The council are very aware of the ecological and biodiversity issues around felling and trimming healthy trees and will be reviewing its tree policy regarding re-planting in early 2022. If you would like to get involved in this conversation, please consider joining the Council and having a say at the table where these decisions are made.

The Queen's Green Canopy

With these issues in mind, the Parish Council are planning to plant some larger specimen trees at a location to be decided in commemoration of Her Majesty the Queen's Platinum jubilee next year.

A plaque will be placed close to the trees and the trees will be registered a part of the Queen's Green Canopy campaign. More information can be found at https://queensgreencanopy.org/

If any other village organisations are planning to celebrate the jubilee and would like to work with the Parish Council to commemorate this milestone, please let us know at clerk@barhillpc.org.uk.

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Bar Hill Sports and Social Club

Happy new year everyone, hope you all had a lovely break.

Its that time of year again when membership needs renewing or if you are looking to become a member;

membershipmojo.co.uk/barhillssc

The new menu launched in November is a huge success and we will continue to have 25% off every Wednesday from 6-9pm.

Any venue queries should be sent to **bhssc.stewards@btconnect.com** or **01954 781881** ask for Helene

Any admin/membership queries should be sent to **bhssc.secretary@outlook.com**

Our website is **www.barhillssc.co.uk**

If you need anything else just give me a shout!

BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (**074 3255 0621**) and the free kit will be delivered to your door (in Bar Hill). God bless you!

TESCO

Tesco Development

As you may have noticed there is work going on in Tesco at the moment to enhance their (dot)com offering.

A letter from R G Carter has been circulated to residents in Gladeside and to Bar Hill Parish Council and they have asked for an (abridged) version to appear here.

The key points from the letter are;

- The works have an anticipated construction period of up to 37 weeks, commencing from 4th January through to 18th September
- RG Carter are responsible for managing both the in-store and the car parking work
- The unit at the back of the carpark is a welfare unit - and will remain for the duration of the works
- During the construction phase there will be deliveries of materials and plants. They aim to minimise disruption
- Noisy works will be monitored and mainly carried out on day works
- Their intention is to minimise the impact on neighbours daily routine

Should a concern or problem arise using the construction period then please contact RG Carter on **01284 753355**.

More details about the scheme can be requested via the email address **projects@rgcarter.co.uk**.

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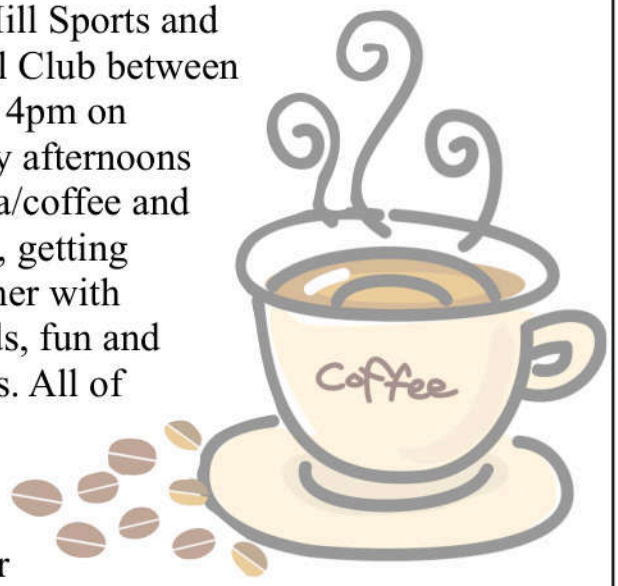
On-screen and hard copy work accepted

HAPPY HOURS - February 2022

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.



We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

4th February: Bingo and a Quiz

11th February: Valentine's Day

18th February: Raffle and a Quiz

25th February: Pancake Day

4th March: St David's Day – Welsh theme

If you give us a try and decide that it's for you, you will also need to join the BHSSC.

Anne Plumb, Tel: **01954 789364**, email: **anne@rwp10.plus.com**

CITIZENS' ADVICE

citizens advice

Got questions, something worrying you?

Benefits - Work - Debt & Money - Consumer - Housing - Family - Law - Immigration

Drop-in session at the Octagon on Monday's as part of the Community Hub (see that advert for more details).

No appointment needed.

Not convenient? Free phone **080 827 878 08** for future appointment

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and
Bethan's Beauty Shop

Opening times:
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Wed 9.00am-8.00pm
Thu 9.30am-7.00pm
Fri 9.00am-5.30pm
Sat 8.00am-2.00pm

89 High Street
Longstanton
780909
New direct phone to Bethan's Beauty Shop
789100

- We offer a full range of hair and beauty treatments
- Gift vouchers available
- Bio sculpture nail extensions and natural overlays
- KMS / Goldwell appointed salon
- New for the summer - St Tropez spraytan treatment
- Appointments not always necessary

THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member you do not have to have been in the services to join.

This year we will be meeting on the following dates

24-FEB: 7.30pm in the Meeting room of the Octagon

26-MAY: This will be social event and the venue will announced later

22-SEP: 7.30pm in The Meeting room of the Octagon

27-OCT: AGM to be held at 7.30pm in the Meeting room of the Octagon

24-NOV: Christmas Event time and place to be announced

We will hopefully be able to do the Poppy Collection as usual in Tesco during November.

For further information please contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox on **01954 488657** or just come along to the February meeting.

We would like to say a big thank you to all those helped and donated to the Poppy Appeal in November last year we raised over £10,000.

ROYAL BRITISH LEGION

WE DISCOVER, WE GROW
Girlguiding
Bar Hill District

Girlguiding in Bar Hill

Girlguiding is the largest organisation for girls in the UK. Through fun, friendship, challenge and adventure we empower girls to find their voice, inspiring them to discover the best in themselves and to make a positive difference in their community. All sections go on sleepovers and residential holidays, doing canoeing, rock climbing and other adventurous activities.

In Bar Hill we have Guiding groups at all levels, who all follow a similar programme of 6 themes: Know Myself, Express Myself, Be Well, Have Adventures, Take Action and Skills For My future.

Rainbows (5-7 years old): Rainbows learn by doing – do sports, arts and crafts and play games.

Brownies (7-10 years old): Brownies is all about trying new things where the girls learn about themselves, their community and their world.

Guides (10-14 years old): Guides have a programme which is designed to inspire and challenge girls.

If your daughter is interested in joining or you are interested in volunteering please go to **https://bit.ly/3KevSft**.

If you are an adult interesting in volunteering with Girlguiding please go to: **https://bit.ly/3nvCSeh**.

Alternatively, please email Di Gunton, Bar Hill District Commissioner: **di.gunton@outlook.com**

Maple Surgery News

Happy New Year

Maple Surgery would like to wish all residents of Bar Hill and surrounding areas a Happy and Healthy New Year! We are looking forward to building on the progress we have made in 2021 to provide our patients with first class care.

Staffing

As many of you will be aware, it has been a difficult few weeks with regard to staff shortages at Maple. Unfortunately this had led to some appointments having to be cancelled at short notice. Every effort was made to try and find locums to step into these clinics wherever possible but it has often not been possible to find anyone to cover the clinics in person. Apologies to everyone who has been affected by this and any inconvenience this has caused. I wanted to take the opportunity to thank you for your patience. From the beginning of February we will be back to having regular locum GPs each day for the next few months whilst we recruit permanent GPs which should help to ease the current issues we are experiencing.

Health Focus

We have decided to write a series of health related articles to provide the community with some information on common health conditions.

The first article is on hypertension and is written by the Clinical Lead and Pharmacist for Maple surgery, Rajiv Nandha:

High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated it will increase your risk of serious problems such as heart attacks and strokes. Around a third of adults in the UK have high blood pressure, although many will not realise it. The only way to find out if your blood pressure is high is to have your blood pressure checked. You may have noticed that blood pressure is recorded with 2 numbers. The systolic pressure (higher number) is the force at which your heart pumps blood around your body. The diastolic pressure (lower number) is the resistance to the blood flow in the blood vessels. Any result above 140/90mmHg is considered as high blood pressure (or 150/90mmHg or higher if you're over the age of 80). For some patients who have a heart condition, kidney disease, diabetes or have previously had a stroke, then a result above 130/85mmHg is considered as high. The ideal blood pressure we aim for is between 90/60mmHg and 120/80mmHg

If your blood pressure is reading between 120/80mmHg and 140/90mmHg it could mean you're at risk of developing high blood pressure if you do not take steps to keep your blood pressure under control.

Some people with high blood pressure will require medication, however there are lifestyle changes we can all make to avoid our risk of getting high blood pressure. These include: reduce the amount of salt you eat and have a generally healthy diet, cut back on alcohol, lose weight if you're overweight, exercise regularly, cut down on caffeine, stop smoking, Yoga, and Meditation

The team at Maple Surgery are committed to working with the community in supporting the prevention of health conditions such as hypertension. If you would like any help and advice on blood pressure please do contact the surgery and arrange to speak to one of our nurses.

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APPLETREES
PLUMBING & HEATING

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Number 564278

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Radiator Installation and Moving

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Heating System Cleaning and Power Flushing
Inspection and Certification
Renewable Energy Specialists

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Appliance Installation

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Toilet repairs
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Email – info@appletrees .plumbing

Bar Hill NWR

NWR CONNECTING WOMEN

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet every two weeks in members' homes discussing a variety of topics.

FEB-17: How green are you? - do you buy eco friendly products , should we be eating less meat and more vegetables, etc...

MAR-03: Life changing events - what event changed/shaped your life

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

Weekly playgroup sessions for babies and preschool children

A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

Cambridge Art Services

Cambridge Art Services offer an extensive selection of bespoke, handmade framing options from their local, professionally equipped workshop.

We can frame a wide range of items including;

- Paintings and drawings
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- In fact, just about anything

Contact **Julian Finbow on 07952 295861**

email cambridgeartservices@hotmail.com or visit www.cambridgeartservices.co.uk

BAR HILL WARD - DISTRICT COUNCILLORS REPORT

It is unfortunate that several events have been postponed due to the virus, however, hopefully, all will be open soon, I wish all residents a much happier & healthier New Year.

COUNCIL TAX

Council Tax bills will be sent out to you soon, which cover Cambridgeshire County Council, Fire Authority, Police & Crime Commissioner, South Cambs District Council, Bar Hill Parish.

Our Council Tax helps to pay for a wide range of local services like policing and refuse collection. It applies to all domestic properties including houses, bungalows, flats, maisonettes, mobile homes and houseboats, whether owned or rented.

There is one bill per property, whether it is owned or rented. The people who live in the property will normally have to pay.

The amount you pay depends on:

- The valuation band of your property (set by the Valuation Office Agency).
- Whether you are entitled to any help with paying your bill though the Council Tax Benefit scheme.
- Any discount or exemption under Council Tax legislation due to your own personal circumstances.

Contact details for any queries: **revenues@scambs.gov.uk** Tel: **01954 713000**

KEEPING WARM THIS WINTER

Local Energy Advice Partnership (LEAP)

There are lots of freebies and advice as part of LEAP's calls and home visits to help residents cut down on energy cost.

South Cambridgeshire District Council

FREE LED bulbs, draught-proofing, radiator reflector panels, TV standby extension leads

Help with your energy bills and finding the cheapest tariff for you.

This is a free service for anyone at risl of fuel poverty whether home owners, private renters or social tenants. Please call **0800 060 7567** or **www.applyforleap.org.uk** or **support@applyforleap.org.uk**

Have you signed up for free flood warning service for river and coastal flooding?

www.gov.uk/sign-up-for-flood-warnings or tel: **0345 988 1188**

ABANDONED VEHICLES

What to do if you see an abandoned car

Contact details at South Cambs

env.health@scambs.gov.uk 01954 713 000

Welcome if you are new to the village, please contact me if I can help in any way or you would like more information on any subject, please know there is support for problems, please communicate.

Due to Covid the Bar Hill Community Hub is not opening in January but it will be back soon on each Monday morning as there are people to talk to, to help and/or have a cup of tea.

Please contact me if you would like further information, help, or advice
Cllr Bunty Waters - **bunty.waters@ntlworld.com 01954 201421/07734 690580**

PUZZLES & GAMES

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Fit given words into the grid: ambient. elytrum NHS. norwester. par. parsnip. pineapple. printroom. raspberry. roi. too.

HELP WANTED (FEB): Please could anyone give a lift into Addenbrooks and return, on a daily basis Monday to Friday. Will pay towards travel cost. Please phone Carol **01954 201383**

SHEPRETH
WILDLIFE PARK
ELEPHANT
EVENT DAY
12th February
10am - 4pm
Shepreth Wildlife Park's Education & Discovery Centre
Guest Speakers
"What were the mammoths and what do they tell us about evolution?"
Dr Steven Zhang
Palaeontologist featured on the latest David Attenborough documentary
"Dung beetles - And why elephants can't live without them"
Dr Greg Dickens
Talk & Book Signing
"The Boy from the Wild"
Peter Meyer
Author, actor, film producer
And much more!
"Elephant Tracking" with the Raptor Foundation, raffle, auction, children arts & crafts, elephant merchandise, animal talks
Supported charities
TRANSFRONTIER AFRICA
Please be aware that Shepreth Wildlife Park does not have living elephants. This event is to support elephant conservation projects in the wild and in captivity.

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Bar Hill Tennis Club

Our courts remain available for use on those dry bright winter days!!

If you are not already a member and want to play our winter memberships allowing you to play at any time from 1 September through to 31.3.22 may be just right for you:

Adult: £20, Junior: £5, Family: £42

Key for floodlights if required - £10

For full details of our very competitive membership fees please visit our web site **www.barhilltennisclub.co.uk**, email, call us (details below) or pop down to the courts during Club nights.

Annual membership entitles you to play at anytime but the courts are also available to hire for private play. There is also an active Club WhatsApp group. Membership applications and individual court hires can all be booked and paid for "on line" via our website.

Our Adult Club nights are Tuesdays & Thursdays 6.30 to 9pm and we play social tennis – very relaxed and catering for all standards. We play through to late autumn and maybe longer subject to weather!

Our thanks go out this month to Crafts Shed (Shedders) the registered charity who are based in the village in the scout hut for the excellent work they have done in refurbishing our old benches.

When playing please observe any Government Covid guidelines and any guidance posted at the Courts.

We look forward to seeing you!

Paul Chubbuck (Secretary), **07983 435104**
info@barhilltennisclub.co.uk

Geof Tamulonis (Chair)
info@barhilltennisclub.co.uk

FOR MORE INFORMATION GIVE US A CALL OR VISIT OUR WEB SITE

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Cambs CB24 5EU

Buttercups CHILDCARE LTD

Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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Knit and Natter Group

We are delighted to announce that the "Knit and Natter Group" will be meeting again after around 18 months.

We can be found in" The Octagon " on a Thursday afternoon from around 1.15 p.m.

This group is well established in the Village having started in September 1997 in Joan Smart's house with around 6 people.

We have grown since then and welcome around 40 ladies each week. The purpose of the group is to provide

friendship and a regular social event and knitting projects for the Knitters to work on. (Our afternoon is punctuated by tea and cake!) Most of the knitting is given to charities who need baby's clothes and blankets.(However, you do not have to knit to belong to the group.)

We have provided plenty of baby hats for the new born babies at The Rosie Hospital in colours(red, amber and green) to indicate whether they need extra attention. We have sent sets of baby clothes to a Children's orphanage in Sachi Bondu in Africa and many, many blankets to Care Homes, and provided hand knitted hats, scarves and gloves for Christmas in poorer European countries, among many other things.

We are always happy to welcome new people into this friendly group which has proved valuable to many people living alone and/or newly moved into the village.

Interested ? Give me a ring and I can give you some more information. Contact me on **780260**. Sue Kenchington

Bar Hill Sports & Social Club

Our latest list of entertainment;

26th Fed – Live band Under the covers from 8pm free to all.

5th March- Greek food night - £12.50 per person book at the bar

27th March – Mother's day afternoon tea and live jazz band 3-5pm

9th April – Drag bingo, in the village hall from 8pm ticket available at the bar

If you'd like anymore information please email **bhssc.stewards@btconnect.com** or view our events page on our website **www.barhillssc.co.uk**

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CHICKEN SOUVLAKI
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PUPPY SOCIALISATION & TRAINING SESSIONS

Well over 300 puppies successfully trained since the first easing of lockdown.

Sessions run twice daily Monday to Friday
AM session: 8am to 12 noon*
PM session: 12:30pm to 4:30pm*
£20 per session (up to 6 months)

The course is designed and run by Tamsin-Jane Sewell a degree qualified Canine Psychologist, leading local dog behaviorist and highly acclaimed trainer. Here your puppy will be scientifically introduced to many other breeds of dog where he/she will learn to socialize properly, giving your new fur baby the very best start in life. Our aim is to help you develop a well rounded and contented dog from puppy through to senior citizen.

During each session an element of training is introduced, tailored to your dogs identified developmental needs, with a short video uploaded to a dedicated and exclusive 'members only' training area on our Facebook page. This will contain a demonstration of each task/developmental aspect with useful 'how to' tips to help you continue the training in your own home. Come and join us in our clean, safe and popular Day Care Facility in the village of Over just outside Cambridge.

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UNDER THE COVERS

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FROM 8pm

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